



# U8 Player Development Program: Training

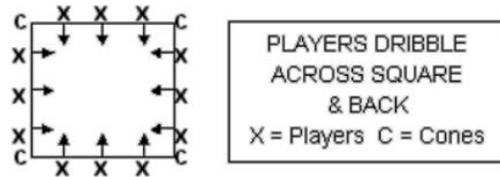
## Week 7

### Topic: Passing/Receiving

### Skill: Push Pass/Flick pass

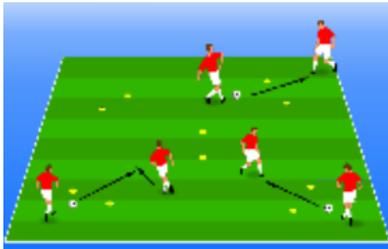
Coach correct technique during all exercises: Passing (Push Pass) & receiving with the inside of the foot; Flick pass with outside of foot

#### 1. Warm-up – Dribble Across the Square



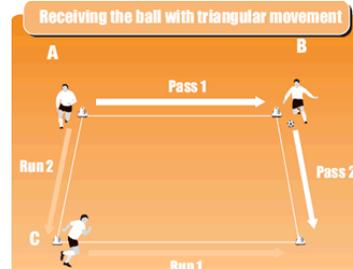
Please refer to Week 3's practice plan if you need to remember the details.

#### 2. Warm-up 2 (Gates Passing)



- Players work in pairs who must pass the ball through a gate to their teammate who is on the other side.
- Pairs count number of successful passes to see who wins that round.
- Do this 5-6 times. (1-minute per round)
- Cannot pass through same gate twice.

#### 3. Triangle Passing



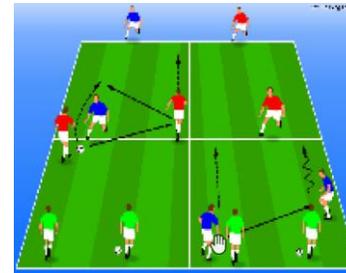
1. Set up a 5 yd x 5 yd grid with 4 cones.
2. 3 players per grid (standing as shown – A,B,C)
3. Player A passes to player B and immediately sprints to the position vacated by player C, who has run to the spare cone.
4. Player B receives the ball and passes to player C with no more than two touches.
5. Player B sprints to the space created by player A.
6. The pattern continues as player C receives the ball and passes to player A who passes back to B.

Notice the ball is going one way, while the player runs the other. It will take a few times doing this drill before they get it but will do wonders on movement off the ball.

Progression

7. Start ball with Player A and they can pass to either B or C. Whoever does not get the pass has to immediately run to the vacant cone to give their teammate a second option to pass to.
8. Receiving player can pass to whoever and the movement repeats. Non-receiving player immediately runs to the vacant cone.

#### 4. 2v1 Ladders



15x20 channel 10 minutes

- Defenders must stay on the line (use cones). They can only move side to side.
- Attacking players combine until the ball is received over the end line under control.

##### Rotation

- After each play, the attackers become defenders, the pair waiting combines and the defenders get ready to attack on the next play.

##### Progression

1. First defender can move forward.
2. Second defender can move forward.
  - a. By this stage each defender is restricted to his/her square.

#### 5. 2v1 to goal



1. Play begins when player drives ball from end line towards the opposing goal.
2. Supporting player enters from halfway line and a single defender presses from halfway line on the same side of field.
3. Player with the ball looks to make the pass as the defender approaches.
4. Does the defender close the passing lane?

Players entering field from the goal line switch with team mates entering field from halfway line every 2 minutes (total drill time 10 minutes).

#### 6. Play scrimmage last 5 – 10 minutes